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ACTIVE PLAY POLICY

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Document # QA2 – A2

National Quality Standards (NQS)

Quality Area 1: Educational Program and Practice		
1.1	Program	The educational program enhances each child's learning and development.
1.2.3	Child directed learning	Each child's agency is promoted, enabling them to make choices and decisions that influence events and their world.

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.3	Healthy Lifestyles	Healthy eating and physical activity are promoted and appropriate for each child.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

Quality Area 3: Physical Environment		
3.1.1	Fit for Purpose	Outdoor and indoor spaces, building, fixtures and fittings are suitable for their purpose, including supporting the access of every child.
3.2	Use	The service environment is inclusive, promotes competence and supports exploration and play based-learning.
3.2.1	Inclusive Environments	Outdoor and indoor spaces are organized and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments.

Education and Care Services National Regulations	
73	Educational Program
74	Documenting of child assessments or evaluations for delivery of educational program
86	Notification to parents of incident, injury, trauma and illness
103	Premises, furniture and equipment to be safe, clean and in good repair
104	Fencing
105	Furniture, materials and equipment

113	Outdoor space – natural environment
114	Outdoor space - shade
115	Premises designed to facilitate supervision
168	Policies and procedures are required in relation to enrolment and orientation
171	Policies and procedures to be kept available

Introduction

Woden Early Childhood Centre (WECC) recognises the impact of active play/physical activity in early childhood on immediate and long-term health consequences. WECC will provide opportunities for active play/physical activity within its program as per the *National Physical Activity Recommendations for Children 0-5 Years*.

Source *The Department of Health*

Purpose

This policy aims to ensure optimal adult guided and child initiated active play activities are provided in WECC. We will encourage all children to be active and develop fundamental movement skills, ensuring growth and development, and will assist them to be confident and enjoy participating in physical activity as they grow into active young people.

- Daily adult guided and child initiated active play will be a significant component of the program plan
- Television, electronic and digital media and devices will be limited within the program as per the *National Physical Activity Recommendations for Children 0-5 Years* (below)
- Age appropriate traffic safety education, including pedestrian and car safety and playing safely, will be provided as part of the program to children and their parents/carers at WECC.

Scope

This Policy applies to children, families, Educators and Management of the Centre.

Implementation

National Physical Activity Recommendations for Children 0-5 Years:

- For healthy development in infants (birth to 1 year), physical activity in a safe environment – should be encouraged from birth. This should occur in a variety of ways through supervised interactive floor-based play, including crawling. For those not yet mobile, this includes reaching and grasping, pushing and pulling, spread throughout the day while awake.
- Toddlers (1-3 years) and preschoolers (3-5 years) should be physically active every day for at least three hours, spread throughout the day
- For children aged 2-5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and electronic games) should be limited to less than one hour per day
- Children younger than 2 years of age should not spend any time watching television or using electronic media (DVDs, computer and electronic games)
- Infants, toddlers and preschoolers should not be sedentary, restrained (stroller or car seat) or kept inactive for more than one hour at a time – with the exception of sleeping.

The following recommendations will assist the promotion of structured adult guided, and child initiated active play activities:

Participation

- Every child, including those with disability or medical conditions, will be provided with equal encouragement to allow them to acquire skills and develop confidence
- Gender, cultural background, age and individual differences will be considered when planning activities
- Time allocated to adult guided and child initiated active play for children 1-5 years will be a minimum of three hours over the child's whole day
- Educators will ensure that a variety of indoor and outdoor active play experiences such as dance, drama, moving to music, climbing, building, digging, somersaulting, hurdling, ball skills, obstacle courses, jumping from various heights etc, are planned to encourage all children, and cater for a range of abilities
- Educators will try to ensure that groups for adult guided play are not too large. It is important that most of the children are active for most of the time during the structured active play session
- Educators will integrate some adult guided play into children's free play time by providing the children with games they can play during these times. Repetition also allows them to learn and remember how to carry out the activities correctly
- Active play will be presented in a fun way and the children's attempts at activities will be acknowledged and reinforced in a positive manner and will be inclusive of all children
- Educators will be positive role models, participating in the physical activity with the children and promoting the importance of regular physical activity for a healthy life
- To decrease sedentary activities, children will be encouraged to play outdoors with free and creative active play activities
- In adverse weather conditions, outdoor playing time will be substituted with equivalent indoor activities
- Warm-up and cool down exercises will accompany all physical activities including free and creative active play activities
- Children will learn about the importance of physical activity for future health
- WECC will provide physical activity information and guidelines for carers and families
- At least once a week, educators will be involved with an 'out and about'
- Screen based ~~activities~~ and other electronic media (DVDs, computer and electronic games) will be limited within the program as per the *National Physical Activity Recommendations for Children 0-5 Years*. Educators are to work within these guidelines and should not be allowing children more than 30 minutes per day
- Television and electronic media will be age appropriate and monitored by an educator sitting with the children to discuss what is being viewed
- Children younger than 2 years of age will not spend any time watching television or using electronic media (DVDs, computer and electronic games)
- Refer to the *Television and electronic access policy* for more information and guidelines.

Safety

- Pedestrian, car safety and playing safely will be promoted in play experiences within the program and on excursions
- Information and materials from VicRoads will be used e.g. *Starting Out Safely* program²
- Parents will be encouraged to walk or ride with children to WECC if the distance is suitable
- Space will be provided for children to leave bikes or scooters if they choose to ride to WECC. Source VicRoads

Related policies / documents

- *Clothing and footwear*
- *Excursions*
- *Promoting positive risk in play*
- *Television and electronic access*
- *Health and Safety*
- *Incident, injury, trauma and illness*
- *Physical Environment*

- Sun safety
- Supervision
- Work health and safety

Sources and references

- National Physical Activity Recommendations for Children 0-5 years: Get up and Grow series_ www.health.gov.au
- Kids – Go For Your Life Active Play Program
- <http://www.earlychildhoodaustralia.org.au>
- <http://www.playpower.com.au>
- Starting out Safely www.vicroads.vic.gov.au
- The Department of Health <http://www.health.gov.au/internet/main/publishing.nsf/Content/npra-0-5yrs-brochure>
- VicRoads <https://www.vicroads.vic.gov.au/safety-and-road-rules/road-safety-education/early-childhood>

Policy Reviewed	September 2021	Ratified Date	Next Review Date
Modifications	<ul style="list-style-type: none"> • Additions made to the Education and Care Services National Regulations • Sources checked and reviewed • Added to implementation • Minor punctuation and wording edits • Added review table with modifications and updates • New format 	May 2022	May 2025
Policy Reviewed	September 2021	Ratified Date	Next Review Date
Modifications	<ul style="list-style-type: none"> • Existing Policy 	Aug 2019	Aug 2021
Policy Reviewed	September 2013	Ratified Date	Next Review Date
Modifications	<ul style="list-style-type: none"> • Existing Policy 	Sept 2013	Oct 2015

Authorisation

Paul Halloran
 President
 2020-21 WECC Management Committee

